

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Tyrosine (g)

Food Subset: Abridged List
Ordered by: Nutrient Content
Measured by: Household
Report Run at: October 20, 2015 05:55 EDT

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
01040	Cheese, swiss	132.0	1.0 cup, diced	2.235
01035	Cheese, provolone	132.0	1.0 cup, diced	2.006
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	1.894
01032	Cheese, parmesan, grated	100.0	1.0 cup	1.720
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.584
01030	Cheese, muenster	132.0	1.0 cup, diced	1.482
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.474
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	1.463
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.463
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.406
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.384
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	1.369
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.369
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.346
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.345
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.273
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	1.246
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.239
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.236
11450	Soybeans, green, raw	256.0	1.0 cup	1.188
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.180
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.172
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.168
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	1.164
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.154
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.114
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.099
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.050
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.041

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.034
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.034
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak (yield from 134.9 g raw meat)	1.016
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.014
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.014
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.009
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.002
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	0.988
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving (3 oz)	0.977
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	0.976
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	0.971
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	0.962
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.941
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing 149g)	0.919
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	0.910
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	0.893
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.892
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.883
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	0.881
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	0.881
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	0.873
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.873
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	0.870
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	0.862
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	0.857
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	0.853
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.852
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.848
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.841
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	0.836
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.830
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.829

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.827
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	0.826
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving (3 oz)	0.822
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.820
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	0.820
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	0.816
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	0.815
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	0.815
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.813
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving (3 oz)	0.811
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	0.809
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.797
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	0.796
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	0.795
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	0.792
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	0.792
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty (yield from 104.1 g raw meat)	0.791
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	0.789
15261	Fish, tilapia, raw	116.0	1.0 fillet	0.789
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	0.785
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.785
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.780
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.776
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	0.771
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.770
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.764
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	0.763
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.763
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	0.762
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.758
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	0.757

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	0.752
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	0.749
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	0.747
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	0.747
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.746
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	0.741
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.739
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.739
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.735
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.730
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.729
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	0.724
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	0.724
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	0.719
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	0.717
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	0.713
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.711
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	0.710
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	0.708
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	0.707
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty (yield from 112.7 g raw meat)	0.704
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.697
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	0.692
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.689
01109	Milk, sheep, fluid	245.0	1.0 cup	0.688
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	0.683
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.683
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	0.681
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	0.681
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	0.681
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	0.681
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	0.677

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.674
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	0.673
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	0.671
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	0.671
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	0.671
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.668
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	0.667
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	0.665
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.665
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	0.660
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	0.660
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	0.659
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	0.653
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	0.652
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	0.649
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	0.649
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.646
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.646
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.644
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.642
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	0.641
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.641
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.640
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.640
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.636
20314	Corn grain, white	166.0	1.0 cup	0.636
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	0.629
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	0.623
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	0.616
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.615
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	0.609
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	0.602
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	0.598
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	0.596
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.595
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.594

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.592
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.592
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.591
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.587
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	0.580
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.575
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	0.572
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	0.568
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.564
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.562
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.557
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	0.556
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.556
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.553
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.552
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	0.552
15033	Fish, haddock, raw	85.0	3.0 oz	0.542
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.536
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.531
01115	Whey, sweet, dried	145.0	1.0 cup	0.526
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.524
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.515
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.513
15013	Fish, cisco, raw	79.0	1.0 fillet	0.506
01057	Eggnog	254.0	1.0 cup	0.505
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.502
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.498
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.497
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.486
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.470
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.470
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.470
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.467
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.462
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.451

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.449
20130	Barley flour or meal	148.0	1.0 cup	0.445
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.440
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.439
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.433
20090	Rice flour, brown	158.0	1.0 cup	0.428
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.426
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.425
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.416
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.416
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.414
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.408
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.408
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.405
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.403
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.400
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.400
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.400
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.390
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.390
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.386
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.385
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.378
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.376
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.375
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.374
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.374
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.372
01004	Cheese, blue	28.35	1.0 oz	0.367
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.350
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.346
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.343
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.343
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.343
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.342
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.336

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
20143	Teff, cooked	252.0	1.0 cup	0.335
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.333
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.331
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.330
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.329
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.328
01007	Cheese, camembert	28.35	1.0 oz	0.325
07939	Frankfurter, pork	76.0	1.0 link	0.321
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.321
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.318
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.298
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.298
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.296
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.296
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.293
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.290
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.290
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.284
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.276
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.272
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.271
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.270
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.267
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.265
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.261
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.260
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.256
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.256
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.251
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.250
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.249
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.249
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.248
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.246
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.244
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.244

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.242
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.238
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.237
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.232
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.225
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.223
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.222
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.221
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.221
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.221
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.221
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.219
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.214
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.213
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.211
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.211
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.205
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.200
07911	Liverwurst spread	55.0	0.25 cup	0.199
07921	Bacon and beef sticks	28.0	1.0 oz	0.199
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.198
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.197
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.197
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.196
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.195
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.195
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.195
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.195
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.193
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.193
07926	Salami, Italian, pork	28.0	1.0 oz	0.192
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.191
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.189
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.187

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.187
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.186
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.185
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.185
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.183
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.182
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.179
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.179
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.178
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.175
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.175
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.174
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.173
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.172
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.172
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.170
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.170
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.170
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.170
20134	Rice noodles, cooked	176.0	1.0 cup	0.165
11304	Peas, green, raw	145.0	1.0 cup	0.165
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.165
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.164
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.162
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.161
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.161
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.159
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.158
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.158
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.158
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.157
15014	Fish, cisco, smoked	28.35	1.0 oz	0.156

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.154
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.154
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.154
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.153
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.152
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.151
01124	Egg, white, raw, fresh	33.0	1.0 large	0.151
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.150
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.149
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.146
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.146
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.144
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.143
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.142
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.142
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.140
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.136
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.136
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.136
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.135
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.135
01031	Cheese, neufchatel	28.35	1.0 oz	0.133
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.132
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.130
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.129
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.127
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.126
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.126
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.126
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.126
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.126
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.125
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.122
01070	Dessert topping, powdered	43.0	1.5 oz	0.120
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.120

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.120
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.118
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.118
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.117
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.116
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.113
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.111
11215	Garlic, raw	136.0	1.0 cup	0.110
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.110
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.107
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.107
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.107
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.104
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.104
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.103
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.102
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.101
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.100
07971	Bologna, meat and poultry	33.0	1.0 slice	0.100
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.100
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.099
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.098
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.098
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.098
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.097
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.097
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.097
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.097
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.095
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.094
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.094
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.094
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.093
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.092
18037	Bread, oat bran	28.35	1.0 oz	0.092
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.090

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.090
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.090
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.088
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.088
18241	Croissants, cheese	28.35	1.0 oz	0.086
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.085
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.085
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.085
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.084
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.084
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.083
18245	Danish pastry, cheese	28.35	1.0 oz	0.083
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.082
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.082
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz	0.082
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.081
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.081
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.080
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.080
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.079
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.079
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.077
18239	Croissants, butter	28.35	1.0 oz	0.077
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.075
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.074
18025	Bread, cracked-wheat	28.35	1.0 oz	0.072
18236	Cracker meal	28.35	1.0 oz	0.072
18066	Bread, wheat bran	28.35	1.0 oz	0.071
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.071
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.071
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.069
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.069
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.069
18240	Croissants, apple	28.35	1.0 oz	0.069
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.068

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
18224	Crackers, rusk toast	14.2	0.5 oz	0.067
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.067
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.066
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.066
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.065
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.065
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.064
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.063
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.063
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.063
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.063
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.062
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.062
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.061
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.061
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.061
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.061
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.061
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.061
18060	Bread, rye	28.35	1.0 oz	0.060
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.060
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.060
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.060
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.060
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.059
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.059
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.059
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.058
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.058
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.058
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.058
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.057
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.057
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.056
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.056
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.055

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.055
11124	Carrots, raw	128.0	1.0 cup chopped	0.055
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.055
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.055
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.055
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.055
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.054
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.053
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.052
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.052
11080	Beets, raw	136.0	1.0 cup	0.052
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.052
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.051
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.051
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.051
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.050
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.050
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.050
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.050
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.050
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.048
18214	Crackers, cheese, regular	14.2	0.5 oz	0.048
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.048
18242	Croutons, plain	14.2	0.5 oz	0.048
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.048
09277	Plantains, raw	148.0	1.0 cup, sliced	0.047
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.047
18243	Croutons, seasoned	14.2	0.5 oz	0.047
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.047
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.046
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.046
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.046
18177	Cookies, molasses	28.35	1.0 oz	0.045
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.045
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.044
01017	Cheese, cream	14.5	1.0 tbsp	0.044

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.044
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.044
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.044
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.043
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.043
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.042
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.042
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.042
09059	Breadfruit, raw	220.0	1.0 cup	0.042
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.042
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.042
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.041
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.041
11965	Cauliflower, green, raw	64.0	1.0 cup	0.041
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.041
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.040
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.040
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.040
01072	Dessert topping, pressurized	70.0	1.0 cup	0.039
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.039
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.038
09205	Oranges, raw, with peel	170.0	1.0 cup	0.037
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.037
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.036
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.036
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.036
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.036
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.035
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.035
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.035
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.035
18170	Cookies, fig bars	28.35	1.0 oz	0.035
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.033
11457	Spinach, raw	30.0	1.0 cup	0.032
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.032

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.032
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.031
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.031
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.031
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.030
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.030
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.030
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.029
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.029
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.029
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.028
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.027
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.027
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.027
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.027
09176	Mangos, raw	165.0	1.0 cup pieces	0.026
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.026
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.026
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.026
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.025
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.025
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.025
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.025
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.024
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.024
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.023
11282	Onions, raw	160.0	1.0 cup, chopped	0.022
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.022
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.022
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.021
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.021
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.021
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.021
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.020
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.020
11086	Beet greens, raw	38.0	1.0 cup	0.020

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.019
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.019
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.019
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.018
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.018
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.018
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.017
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.017
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.017
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.016
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.016
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.015
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.015
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.015
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.014
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.014
02005	Spices, caraway seed	2.1	1.0 tsp	0.013
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.013
21416	POPEYES, Coleslaw	120.0	1.0 package	0.012
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.012
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.011
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.011
11429	Radishes, raw	116.0	1.0 cup slices	0.010
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.010
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.010
11213	Endive, raw	25.0	0.5 cup, chopped	0.010
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.010
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.010
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.010
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.009
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.009
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.009
02015	Spices, curry powder	2.0	1.0 tsp	0.008
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.007
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.007
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.007

NDB_No	Description	Weight(g)	Measure	Tyrosine(g) Per Measure
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.006
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.006
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.005
09160	Lime juice, raw	242.0	1.0 cup	0.005
02021	Spices, ginger, ground	1.8	1.0 tsp	0.004
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.004
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.003
09252	Pears, raw	140.0	1.0 cup, slices	0.003
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.003
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.002
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.002
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.002
09173	Longans, dried	1.7	1.0 fruit	0.002
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.001
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.000
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000